

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

1-9 (canceled)

10. (currently amended) An exerciser comprising:

- a—an exerciser base, further comprising:
  - i. a central base support;
  - ii. stabilizing ~~means~~support;
  - iii. a single upwardly extending vertical ~~axle~~axle, extending from the base support;
- b:a rotative body, coaxial with the vertical ~~axle~~axle and having a generally horizontally ~~extending displaced~~displaced ~~axle~~axle and a resistance attachment means;
- c:a pair of ~~foot pad~~support arms, cantileverally attached to the horizontally displaced ~~axle~~axle, one on either side of the rotative body; and
- d:a pair of rod arms; each ~~with having~~having a pair of joints disposed at ~~each~~ opposite ends of each rod arm and attached individually by a joint to a ~~foot pad~~support arm and both ~~interfaced with the vertical axle at a pivot point above the horizontal axle~~interfacing the exerciser base by the other joint;
  - wherein ~~foot pad~~the support arms are actuated in a vertical manner and thereby ~~draw rod move~~move arms up and down with ~~foot pad~~support arms and ~~foot pad~~support arms rotate with the rotative body due to the fixed length of the rod arms.

11. (currently amended) The exercise device of claim 10 further comprising a resistance means

for providing restorative force when the ~~footpad~~support arms are actuated.

12. (currently amended) The exercise device of claim 11, the resistance means comprising:

- a. a base rod, having two ends and a defined axis;
- b. at least one compressible cylinder in a coaxial relation to the base rod;

- c. a stop structure abutting the at least one cylinder and disposed at one end of the base rod;
- d. a thrust block, disposed next to the at least one cylinder towards the end opposite the stop structure, the thrust block further comprising:
  - i. ~~A~~a block body having a centrally defined hole, through which the base rod passes; ~~and~~
  - ii. a pivot ~~axle~~, extending in a downwards direction from the block body; and~~e~~b an interface for attaching to a device requiring a resistance feature, the interface located at the end opposite the stop structure;

wherein, the resistance mechanism is actuated when the base rod is pulled in a manner to lessen the distance between the thrust block and stop structure, thereby compressing the at least one cylinders and providing resistance.

13. (original) The resistance mechanism of claim 12 further comprising at least one bushing, coaxially attached inside of each compressible cylinder between the cylinder and the base rod, said bushing being non-compressible so as to limit compression of each cylinder.
14. (original) The exercise device of claim 13, wherein at least one material from which the at least one compressible cylinder is composed is selected from the group consisting of: rubbers, synthetic rubbers, plastics, polymers, and metals.
15. (original) The exercise device of claim 14, wherein the stop structure is a handle, coaxially disposed on the base rod.
16. (original) The exercise device of claim 15, wherein the handle is threadingly engaged to the base rod, allowing for both removal and pre-compression of the at least one cylinder thereby increasing resistance.

17. (original) The exercise device of claim 13, wherein the stop structure is a handle, coaxially disposed on the base rod.
18. (original) The exercise device of claim 17, wherein the handle is treadingly engaged to the base rod, allowing for pre-compression of the at least one cylinder thereby increasing resistance.
19. (original) The exercise device of claim 12, wherein the stop structure is a handle, coaxially disposed on the base rod.
20. (original) The exercise device of claim 19, wherein the handle is threadingly engaged to the base rod, allowing for pre-compression of the at least one cylinder thereby increasing resistance.